

Children are good eaters when they:

- ★ Like eating.
- ★ Are interested in food.
- ★ Feel good about eating.
- ★ Like being at the table.
- ★ Can wait a few minutes to eat when hungry.
- ★ Can try a new food and learn to like it.
- ★ Like a lot of different foods.
- ★ Can eat until full.
- ★ Can stop when full.
- ★ Can eat in other places besides home.
- ★ Can say “no” politely when they don’t want to eat.
- ★ Can be around new or strange foods without getting upset.
- ★ Have good table manners.
- ★ Can “make do” with less-favorite food.

From Ellyn Satter handouts

For more information on this subject, see

www.state.sd.us/doh/nutrition/



Eating



**Parents Provide,
Kids Decide**



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Children will develop healthier lifestyles and there will be less "hassles" about food if parents and children share decisions about eating.

Infant

Parent Decision: What to eat

Child Decision: How much to eat

Parent Doesn't Share Control

- ☹ Ignore cues and feed your baby how *you* want to. ➡
- ☹ Make your baby eat a certain amount or length of time. ➡
- ☹ Worry about a set schedule. ➡
- ☹ Move yourself or the bottle around during feeding. ➡
- ☹ Force nipple or spoon into your baby's mouth. ➡
- ☹ Stop feeding to see how much your baby has eaten or play with your baby too much. ➡
- ☹ Jump to conclusions about why baby does what they do. ➡
- ☹ Keep feeding when your baby turns head or shuts mouth. ➡
- ☹ Stop feeding when they slow down or stop. ➡
- ☹ Stop feeding when they fuss. ➡



Parent and Baby Share Control

- ☺ Pay attention to what your baby tells you by non-verbal cues.
- ☺ Let your baby eat the amount they want.
- ☺ Feed your baby when they are hungry.
- ☺ Sit still when breastfeeding or hold the bottle still.
- ☺ Touch your baby's lips to let them "open up".
- ☺ Feed without interruption or distraction.
- ☺ Try to solve problems.
- ☺ Let your baby slow down or stop.
- ☺ Let your baby go back to eating after they pause.

- ☺ Help your baby settle down if they get fussy. Then offer more.

Toddler and Older

Parent Decision:

What, when and where to eat

Child Decision:

How much and whether to eat

What Parents Should Do:

- Choose and buy healthy food.
- Make and offer meals and snacks at regular times.
- Include children in family meals.
- Make foods easy to eat and safe.
- Let children eat as much as they want at meal and snack time.
- Talk and smile, but don't be distracting.
- Keep mealtimes calm and pleasant. Don't get worked up if your child refuses to eat.
- Teach children to behave at meals.
- Don't bribe or offer food rewards.
- Don't label any foods as forbidden.
- Don't be a short-order cook.

What Children Should Do:

- Decide whether or not to eat.
- Decide how much to eat.
- Grow the way nature intended.